



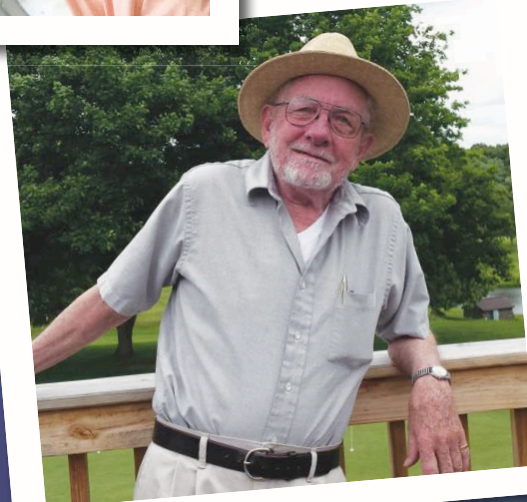
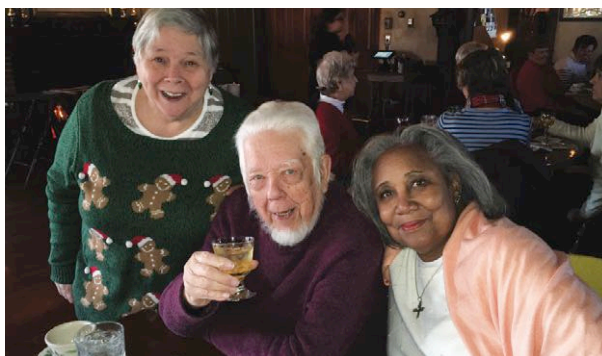
NEW

GENERATION

MAYNARD COUNCIL ON AGING
& SENIOR CENTER

50 BROWN ST., MAYNARD, MA 01754
978-897-1009

DECEMBER 2021/JANUARY 2022

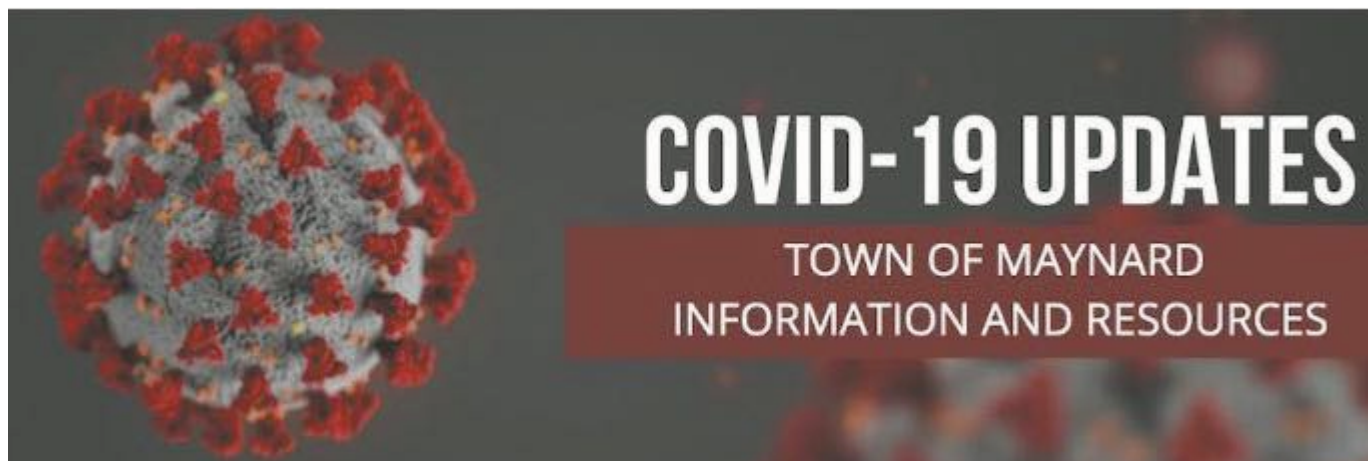


Town Administrator's Message

The people of Maynard are industrious, resilient and adaptive. As exemplified through Amory Maynard and his colleagues, history shows us how the townspeople have accomplished so much within a small area. The past James R. Bent Ice House on the Assabet River is a historic example of residents and neighbors taking advantage of what Maynard offers in order to provide for their families and community. With winter now upon us, you can imagine the dangerous conditions pushing against the workers cutting and processing the ice on the river across from what is now the town's Public Works yard. As is the case now just as it was in the past, the town's economic success and vitality are hard won, and requires the willingness of people to challenge themselves, grow and persevere. These are still the traits of today's Maynard, which is why I'm confident in Maynard during this ongoing pandemic and winter-season.

Thanks to all the volunteers of the recent Menorah Lighting and Holiday Parade at the beginning of December. I'm also grateful to the students and supporters of WAVM's Beacon Santa program, which is overcoming the challenges of COVID and is sure to be another success. Town offices will be closed in observance of the Christmas and New Year's holidays at the end of December, and I hope that everyone spends time with family and loved ones while being sensitive to the health and safety of others.

For information on the town's COVID-19 status, please visit the town website and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the town's newsletter.



Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

**Sincerely,
Greg Johnson**

Town Administrator
gjohnson@townofmaynard.net



The photos on the covers and here remind me of many wonderful moments and special occasions. A sense of family was created at the Council on Aging, with new friendships beginning and old one's rekindling. Barbara Iannarelli, with her green St. Patrick's Day vest and dazzling smile, brings me right in to a luncheon where Linda Cetrone and Helen Micciche helped serve in their green "Classy Sassy Seniors" aprons. Joan Meakin looks ready to call a great game of bingo, and who can forget her spectacular tap-dancing skills! An enthusiastic supporter of the COA, Dave Hull's smile is the sunshine in my day. Eileen Palmacci, Roy Helander and Sybil Borders toast to a lunch at the Salem Cross Inn and a visit to the Yankee Candle Company. Patrick (Bucky) and Arlene Casey prepare to delve into lobsters while Paul and Sylvia Guthrie step out on the deck during one of our many cruise trips. Marge Mallinson shows off her high school sweater (looking as pretty as ever!) and Ellie Waldron enjoys an ice cream sundae on a "Mystery Tour." Our knitters stitched up in orange for the Beacon Santa Telethon, Roy is always ready to accompany a great group of senior singers and the Tai Chi class moved with a view of the golf course pond.

Thankfully, we have all these good times to remember and special connections we have made to carry us through another winter of challenge and change. Our momentum may have been thrown off a bit, but our stamina and spirit carry on, as we know all these fun things will happen again soon.

I would encourage you to take part in some of the COA's offerings to stay socially connected. Our fitness classes are sure to keep both bodies and spirits warm. The COA's new book club is a very special opportunity to discuss a great book but also to make friends with seniors from near and far. Last month half of the group was out of state! Both are available via Zoom – if you need support with technology or a device, please let us know. There are many ways to continue to connect with us and your friends. We are offering small group, in-person activities at the COA, as well as continuing to sponsor our "Grab & Go" luncheons, Walmart trips and more. Feel free to stop by and find out what's happening, email us, or give us a call to let us know how you are doing.

All of you are the gifts that bring Pat and I joy! We thank you as we wish you a very happy, healthy, and safe holiday season!

~ **Amy Loveless**

Director

Maynard Council on Aging & Senior Center



The Council on Aging would like to express appreciation to the Sudbury United Methodist Church for their generous donation to the Council on Aging Gift Fund.

and

The Northeastern Correctional Center's culinary arts program for their donation of delicious holiday pies

The Council on Aging Board will not be meeting in December

The Council on Aging will be closed on December 24 and January 31

Holiday Market

Giftable Fine Art and Craft

by Local Artisans

Gifts • Jewelry • Fiber • Cards • Photography
Ceramics • And More

Open through December 24th

Check out our website, follow us on Facebook and Instagram!

Shop In-Person or Online:

✓ **77 Main Street, Maynard**

Hours:

December 1–23: Tue–Sun, 12–5

December 24th: 12–2:30

...or by chance!

✓ **6bridges.gallery/shop/**

✓ **Facebook**

✓ **Instagram**

Gift Certificates:

Give the joy of art and fine craft.



6 Bridges Gallery

FINE ART AND CRAFT

77 Main Street

Maynard, MA 01754

6bridgesgallery@gmail.com

978-897-3825



Straits of Magellan

Paintings by Lola Chaisson



Travel via paintings through the very southern waters of Chile and Argentina

January 5 – February 12, 2022 • Reception Saturday, January 8, 1-3:00 pm

6bridges.gallery/Straits-of-Magellan/



6 Bridges Gallery

FINE ART AND CRAFT

77 Main Street, Maynard, MA 01754 • 6bridgesgallery@gmail.com • 978-897-3825



Hello from the Friends of Maynard Seniors!

We recently had a very successful day participating in the Elks Holiday Fair. The effort was spearheaded by Diane Wasiuk. With only a 6-week lead time Diane and her group of volunteers were able to put on a very respectable show! Nancy Hale, Eileen Palmacci, Sandy Martucci and her daughter Linda, Maureen Casey, Jan Rosenfeld, Helen Micciche, Deb Roussell, Peg Brown and Mary Ann Bassett all helped in the effort either by crafting, helping at the show or both. As usual, our Basket Raffle was a hit. Gift baskets were donated by members Trish Kwartler, Mary Ann Bassett and Peg Brown and Deb Roussell. A huge thank you to Jackie Rogers of Global Goods, Chris Foley of Foley Floor and Tile and Sugar Snap and Maynard Nutrition for their basket donations!

The Friends of Maynard Seniors are always looking for members from the community. Our mission is to support the Maynard Council on Aging by helping to provide additional resources like programs or equipment needed. We meet at 1:00 on the second Friday of the month at the Senior Center. You are welcome to attend. If you would like to become more involved by helping on one of our committees or by joining the Board of Directors, we would love to talk to you. The current board members are Peg Brown, Deb Roussel, Linda Cetrone, Joanie Bernhardt. Helen Micciche, Trish Kwartler and Mary Ann Bassett. If you have any questions, you can ask any one of us, or send an email to friendsofmaynardseniors@gmail.com. We look forward to hearing from you!



LIGHT UP THE HOLIDAYS MAYNARD!!!!

It is official! The 2021 Maynard holiday light competition has begun!

You can go on to the interactive website at lightuptheholidaysmaynard.com

On the site you can:

- *Enter your home or space
- *See photos of the competing homes and spaces
- *Get the map with the latest addresses of the homes

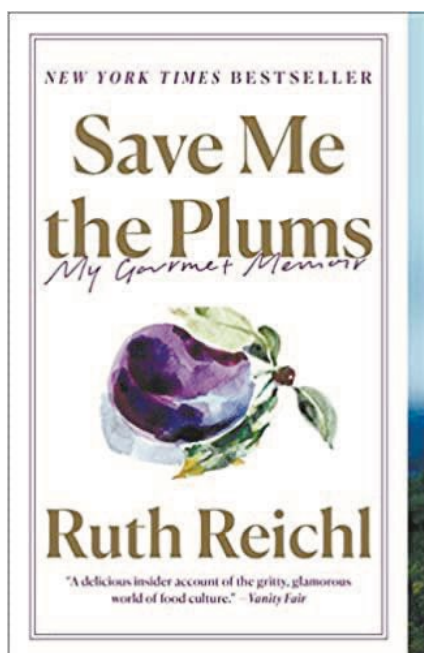
I hope you have a great time driving around and enjoying the beautiful sites with those that you love.

Any questions please feel free to contact me at picorelli50@comcast.net

Happy Holidays to everyone!

Jen Picorelli
978-290-6373

Maynard COA Book Group 2021-2022



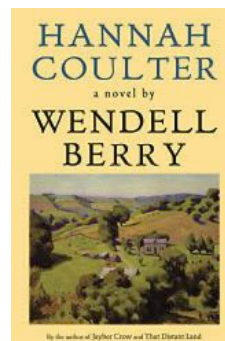
**Tuesday, January 25
11:00 am
via Zoom**

Join us for a discussion of *Save Me the Plums* by Ruth Reichl. "In this smart, touching, and dishy memoir . . . Ruth Reichl recalls her years at the helm of *Gourmet* magazine with clear eyes, a sense of humor, and some very appealing recipes." —*Town & Country*

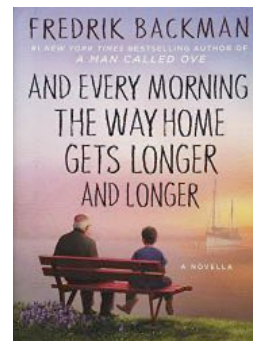
Call the COA to receive the Zoom link.
All seniors are welcome!

The group meets on the last Tuesday of the month.

Maynard Council on Aging
50 Brown St • 978-897-1009



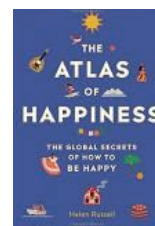
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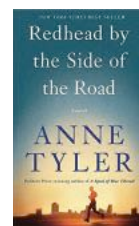
Mar 29 2022



Apr 26 2022



May 31 2022



Jun 28 2022

Grown Up Game Night The Sequel

at the Maynard Library
with Game Master
Adam Baranker!



NONSENSE ZOOM TRIVIA CHALLENGE!

TEST YOUR SPEED AND KNOWLEDGE IN A MIX OF
FAST-PACED POP CULTURE TRIVIA, MUSIC TRIVIA,
FOOD TRIVIA, SPORTS TRIVIA, BRAIN TEASERS,
MEMORY GAMES AND MORE!

Wednesday, January 12 @ 7:00 pm
via Zoom

Register at tinyurl.com/MPLGameNight2

Adam will plumb your brain with a mix of mind-bending activities such as tongue-twisters, brain-teasers, trivia questions, Name That Tune, pop culture bingo, jingles and much, much more. It's like Jeopardy, Who Wants to Be a Millionaire and Family Feud mixed into one great quizzical concoction. Teams are welcome!

Maynard Public Library 978-897-1010 www.maynardpubliclibrary.org



ONLINE RESOURCES

Using the E-Resources of the Maynard Public Library

Tues, Jan 18th @ 7pm (In-Person)

Our library has over 60 different e-resources!

Get an overview and learn how to use some of our most popular online tools such as Kanopy Streaming Films, Ancestry.com, Freegal Music, Consumer Reports, Pronunciator Languages, NYTimes.com, & more!

Please register online at www.maynardpubliclibrary.org or call the Reference Desk at 978-897-1010 x103.

Planning for Retirement Workshop with John Foley

Tuesday, January 25th @ 7pm

In-Person Presentation

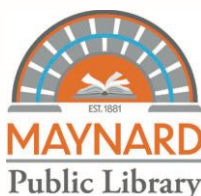
Maynard Public Library

John Foley, CFP, from New England Investment & Retirement Group is hosting an event to highlight risks posed to retirees, pertaining to six areas of financial planning: retirement & income planning, investing, medical insurance, taxation, college education planning, and estate planning.

We will identify key risks and answer your specific financial planning questions.



New England
Investment & Retirement
Group, Inc.



Please sign up at www.maynardpubliclibrary.org/calendar or call the Reference Desk at 978-897-1010 x103.

January Cookbook Club

Monday, January 13

12:00 noon



Spice up your winter cooking with ginger! Available in fresh, ground, crystallized and preserved forms, ginger adds warmth and zing to sauces, soups, curries, stir fries, desserts and beverages from around the world.

Borrow a cookbook at the Circulation Desk or find inspiration from online sources on our website. Then select a recipe and prepare it for the potluck lunch on the 17th. We'll meet in the Roosevelt Room. Masks are required in the library.

Drinks and place settings provided. New members welcome--register by calling 978-897-1010 x100.

Sponsored by the Friends of the Maynard Library.

Maynard Sesquicentennial History Series

Food Co-operatives in Maynard

presented by
David Mark

**Tuesday, December 14th @ 7 pm
via Zoom**



Maynard author and historian David Mark will speak about the long and storied history of food cooperatives that existed in Maynard, from oldest, to most recent, to possible future.

Read more and register at

www.maynardpubliclibrary.org/may150

Brought to you by the Maynard Sesquicentennial Committee and the Maynard Public Library



The Maynard Public Library presents:

GENERATIONS OF FUN!

Songs & Stories for the Season!



Thursday, December 30
2:30 pm

Maynard Public Library
77 Nason St.
Maynard, MA

Register at
tinyurl.com/MPLDavisBates



a lively inter-generational program for families & seniors
presented by

DAVIS BATES

Parents' Choice Award-winning singer & story teller

Celebrate the Season and Community. For more information call (978) 897-1010.

Funded in part, by a grant from the Maynard Cultural Council, a local agency supported by the Massachusetts Cultural Council.

December Cookbook Club

Monday, December 13

12:00 noon In Person



Our December meeting will be a cookie exchange!

Please bring 36-48 cookies to share, a container and a copy of your recipe. If you have a favorite family recipe, we hope you'll share a story along with the cookies. There are cookie cookbooks at the Circulation Desk if you need inspiration or would like to try something new.

All are welcome! Remember that masks are required at the library.

Sponsored by the Friends of the Maynard Library.

**Anti-Apartheid
Posters**

**An international
poster exhibit
from the collection of
Stephen Lewis**



Maynard Public Library, 77 Nason Street, Maynard, MA
January 3 through January 29, 2022

Monday, Wednesday, Friday, Saturday 10am-5pm; Tuesday & Thursday 2-9pm

The system of Apartheid was developed by the Afrikaners—white Dutch settlers in South Africa. It became official policy in 1948 and divided South African people into four groups based on race. Non-white political representation was totally abolished in 1970.

Resistance to this racist system began with different groups. The largest and most effective was the African National Congress, ANC, which became a political party. Two of the top leaders of the ANC were Nelson Mandela and Oliver Tambo. The ANC was a multiracial organization that welcomed anyone who was opposed to Apartheid.

As internal resistance grew against Apartheid, solidarity movements developed in many countries. These movements created boycotts of South African goods and anything to do with South Africa, hosted speaking events for leaders of the resistance movement, and pressured their own governments to take measures to pressure the South African government to abolish Apartheid. After a few years of negotiations, free democratic elections were held and were won by the ANC under the leadership of Nelson Mandela.



December/January Programs

GRAB AND GO LUNCHEONS

Wednesday, December 15th

Ham, Au Gratin Potatoes, Vegetable, Rolls and Dessert.

Please call the Council on Aging to reserve your meal by December 10th.

Wednesday, December 29th

Meatloaf, Mashed Potatoes, Vegetable, Rolls and Dessert.

Please call the Council on Aging to reserve your meal by December 22nd.

Wednesday, January 12th

Lasagna, Meatballs, Salad, Garlic Bread and Dessert.

Please call the Council on Aging to reserve your meal by January 7th.

Wednesday, January 26th

Stuffed Pork Chop, Mashed Potatoes, Vegetable, Rolls and Dessert.

Please call the Council on Aging to reserve your meal by January 21st.

COA Zoom Fitness Classes

Yoga & Stretch with Rebecca • Tuesdays at 9am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Gold • Wednesdays at 9:00am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun Lin who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Toning Mondays at 9:00am

This seated Zumba Gold Toning class taught by Yachun Lin is for everyone who wants to improve their endurance, strength and joint mobility by using a pair of light weights while sitting on a chair.

Weights. Please prepare two 1 lb. dumbbells or two 16.9oz bottled water. (It's okay if you don't want to use weights though).

This is a 45-minute class. Please contact the COA if you have any questions or would like to sign up.

SCAM ALERT!

Hello Maynard Seniors,

Unfortunately, we would like to make you aware of a recent scam that has taken a significant amount of funds from several elderly residents in the area. These scammers will often pose as a representative from Microsoft and accuse the individual of using the "dark web". They will offer to remotely access your computer and "fix" your computer by clearing any trace of "dark web" use. They will then demand that the individual purchase gifts from the local pharmacy or grocery store, and have the gift card numbers read to them over the phone. They will request gift cards in large amounts. We urge our residents to be very cautious of allowing anyone to remotely access your computer, never to purchase gift cards, send money orders or provide credit card/bank account information to anyone over the phone. Especially anyone accusing you of accessing the "dark web". If anyone contacts you making these, or any similar claims please reach out to the Maynard Police Department at 978-897-1011 and inform them you believe you are being targeted for a scam. Please feel free to reach out to me with any questions.

Wishing you a healthy and happy holiday season!

Officer Allison McCann

Maynard Police Department



CLASSIC COMEDIES

Looking for some laughter to brighten your day?

We'll be laughing with you as we watch some hilarious episodes of *I Love Lucy*, *Dean Martin*, *The Honeymooners*, *Dick van Dyke*, *Carol Burnett*, and many more!

Great Zoom YouTube Tutorial!

Marcia Chadly guides you through the how-to of responding to a Zoom invitation for a fitness class or an educational program. There's nothing like being able to "see" the steps to take. Once you've watched her presentation, or maybe reviewed a second time, you'll feel ready to join Zoom!

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

How To Use Zoom With Your Phone

<https://www.youtube.com/watch?v=d6QjODgTuQE>

Marcia Chadly

Internet Service Offers

Free or Lower Cost Options

(eligibility varies based on income)

Comcast Essentials • (855) 846-8376

Verizon (for participants in the Lifeline program or FIOS at a lower rates) (800) 837-4966

AT&T • (855) 220-5211

December/January Classes and Activities

Monday

Zumba Toning (ZOOM)	9:00 – 9:45
Knitting & Crocheting	9:00
Drop-In*	9:00
Bingo	1:00
Drop-In*/Tablet Time**	1:00

Tuesday

Yoga & Stretch (ZOOM)	9:00 – 10:00
Drop-In*	9:00
Craft Corner	9:00
Book Club (ZOOM)	Jan. 25 @ 11:00 (see page 5 for details)
Drop-In*/Tablet Time**	1:00

Wednesday

Zumba Gold (ZOOM)	9:00 – 10:00
Drop-In*	9:00
Grab-nGo's	(see page 8)
Drop-In*/Tablet Time**	1:00

Thursday

Drop-In*	9:00
Nature/Travel	9:00
Arts & Crafts	1:00
Drop-In*Tablet Time**	1:00

Friday

(COA is closed December 24 and January 31)

Kings, Queens & Jacks (cards)	9:00
Drop-In*/Tablet Time**	9:00, 1:00
Classic Comedies	1:00

Maynard Council on Aging Reopening Policies and Procedures

The Maynard COA will be following these policies to ensure the safety and welfare of participants, staff, instructors, and visitors. We are reducing the number of participants and setting rooms up differently for each program to create more space to allow for social distancing.

- Everyone must sign up in advance for any program you plan to attend.
- Effective August 12, the Health Department and Town Administration issued the recommendation that all Town staff and visitors, fully vaccinated or not, are **REQUIRED** to wear masks or face coverings when indoors at any public Town of Maynard building or facility until further notice.
- By entering the building, you are acknowledging you are feeling well, have no symptoms of Covid-19 and have not been diagnosed with Covid-19.
- We have scheduled time between morning and afternoon programs for cleaning and disinfection, as well as room breakdown and set up.
- The COA will not be offering food with any program. Water will be available, and you are free to make coffee or tea.

***Drop-In Options:**

Cards • Board Games

Puzzles • Knitting

**Bring-your-own-device
(internet provided)**

****Tablet Time**

Use a COA Chromebook or iPad to catch up on the latest news, check your emails, play a game or search for a winter project. You may also bring your own tablet too. The COA has a tablet lending program – please speak to Amy if you are interested.

Walmart Trips

Wednesday, December 8th and Monday, December 13th

Wednesday, January 5th and Wednesday, January 19th

Pick-ups will start at 9:30 a.m.

Maynard Council on Aging Van Service

To make a reservation call CrossTown Connect at (978) 844-6809

The Council on Aging van operates five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, hair salons and grocery stores. Residents over the age of 60 and individuals with disabilities of any age may use the van. If a rider is handicapped in any way, please let the dispatch service know so accommodations can be made. **Riders must continue to use hand sanitizer and wear a mask at all times when on the van.**

There is no fee to ride the van at this time. **Reservations MUST be made 48 hours in advance. If you need to CANCEL your reservation it should be done at least 24 hours in advance.** Cancelling the day of your reservation can negatively impact the schedule and other riders' transportation needs. Unforeseen circumstances do occur but this should not be common practice to delay cancelling your reservation.

Riders should be ready for pickups at least an hour in advance of their pickup time as critical schedule changes may occur to accommodate more than one passenger. **The van will wait no longer than 5 minutes for a passenger to emerge** at which time the driver will call CrossTown Connect for them to try and reach the rider by telephone. On very busy days the van can get behind schedule whether due to traffic, a delay in a rider being ready for pickup, and other factors not under the driver's control. Delays most often occur with multiple medical appointments in the same time frame for pickup and drop off.

Grocery Shopping Schedule:

Monday – Stop and Shop

Tuesday & Thursday – Market Basket

Friday – Shaw's

The Council on Aging will be resuming its \$2.00 donation per ride policy effective December 1.

Please contact the Council on Aging at (978) 897-1009 for questions.

Inclement Weather & Safety Concerns at the Maynard COA during Winter Months

With winter officially here there are some safety cautions to be aware of when attending classes and activities at the Council on Aging. Remember that when the Maynard schools close the COA is always closed and if there is a delay in the schools' opening the COA will always have a delay in opening. With any snowy and icy conditions the parking lot may not be plowed before the COA's scheduled time to open. (the COA's hours are 9:00 a.m. – 3:00 p.m.)

In addition to the parking lot sloping upward, the walkway to the COA has a steep incline before you get to the main stairs. We do have a railing on the right side of the walkway but with any inclement conditions (even when treated) the walkway may be of risk. As well the steps in the front of the building can be slippery (even when treated) – please use the railings on either side of the steps. At the front entrance melting and dripping water off the roof can be of concern as it can form a puddle which will freeze in certain conditions. Every attempt is made to treat slippery and icy areas but things will refreeze quickly in certain conditions. Orange cones will be put out when it isn't safe in certain areas including the walkway facing the golf course. The steps and walkway on the back side of the building facing the upper parking lot should never be used to enter the COA.

It is a priority of the COA to keep anyone entering the building safe. In addition, even when the schools are open you may receive a "robo-call" from the COA advising you access to the building is not safe and classes and activities will be cancelled. Always call the COA if you are not certain the COA is accessible and open. ***We're not able to include you in a "robo-call" without your phone number in our My Senior Center program – please call the COA and sign up.***

Happy Holidays from the Maynard Fire Department!

No matter how you celebrate this time of year, we want it to be merry, bright, and safe! Here are some tips to keep in mind when celebrating with candles, decorating, partying, and perhaps preparing for a jolly visitor.

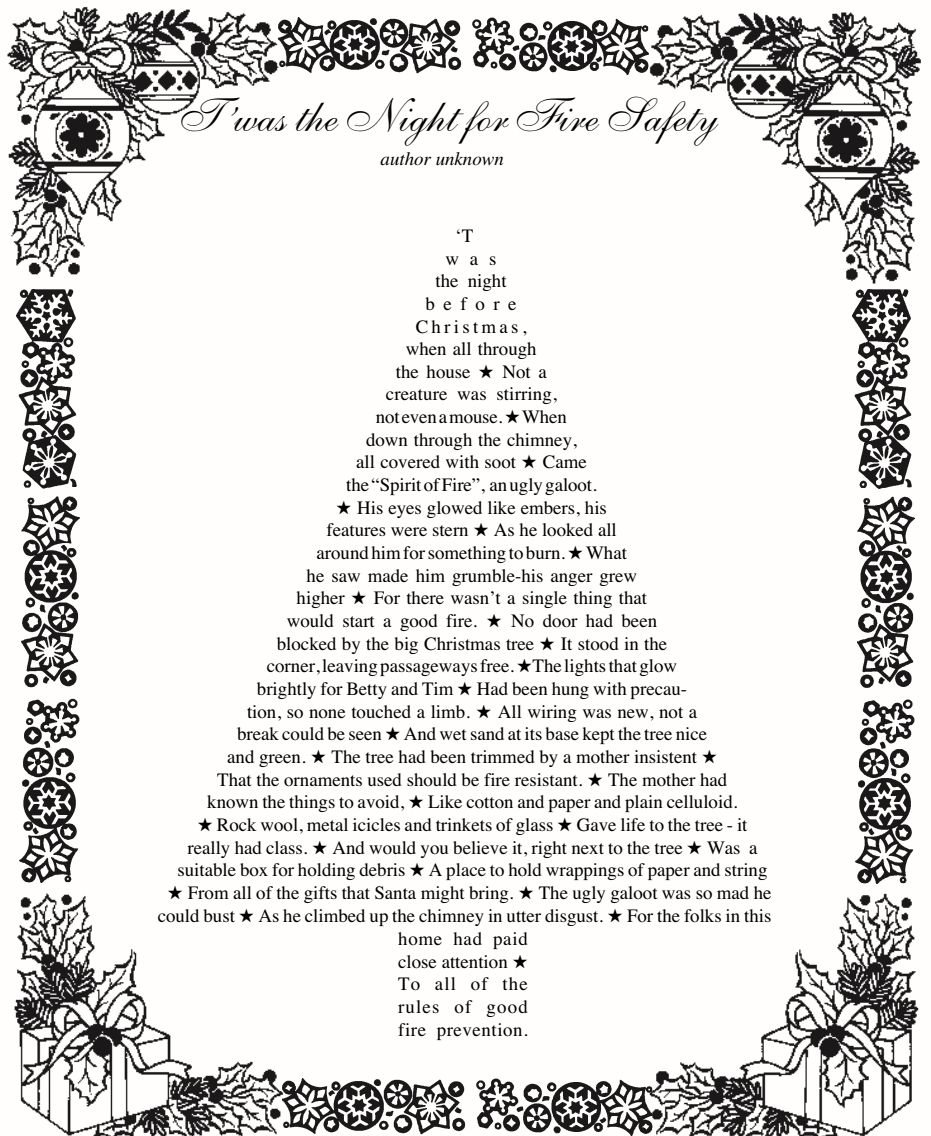


1. Candles are used to celebrate the days and weeks of December for different religious reasons. Please light your menorah and your advent wreaths with care and consider using flameless in places where real flames could easily ignite a larger fire.
2. Lights get placed throughout the home inside and outside in December. But electricity, extension cords, and decorative lights all have specific uses. Be sure to read the packing, choose the right type of lights, and don't overload electrical outlets. Make use of a Ground-Fault Circuit Interrupter (GFCI) as well to prevent water from rain or snow from turning off the lights or causing a fire.
3. Trees, Wreaths, Stockings, and other flammable items are also used in the home and around the fireplace. Give all of these combustibles space from open flames. Turn off lights when you are not home. Keep live trees well-watered and dispose of them when the celebration is over or if they become dry and brittle.
4. Consider cleaning your chimney, not just for Santa, but to prevent a fire. Clearing all your home vents, especially after a snowstorm will prevent Carbon Monoxide build up.
5. As the temperatures continue to drop and remain freezing, beware of ice and snow that can cause slip and fall hazards. Properly clearing snow after a storm and using ice melt on pathways is the best option.
6. Clear your hydrants! The best gift for the fire department is the assistance from the community in preventing the worst events and preparing for those that happen anyway. Having hydrants shoveled out from snow, 3 feet on each side, can make the difference between a small fire and a big fire. Thanks ahead of time for your help.

From all of us at the fire department, we wish you the happiest of holiday celebrations and that they continue to a new year full of big expectations.

Be safe!

Captain Mike Parr
mparr@townofmaynard.net
978-897-1015



'Twas the Night for Fire Safety

author unknown

'T
w a s
the night
before
Christmas,
when all through
the house ★ Not a
creature was stirring,
not even a mouse. ★ When
down through the chimney,
all covered with soot ★ Came
the "Spirit of Fire", an ugly galoot.
★ His eyes glowed like embers, his
features were stern ★ As he looked all
around him for something to burn. ★ What
he saw made him grumble-his anger grew
higher ★ For there wasn't a single thing that
would start a good fire. ★ No door had been
blocked by the big Christmas tree ★ It stood in the
corner, leaving passageways free. ★ The lights that glow
brightly for Betty and Tim ★ Had been hung with precau-
tion, so none touched a limb. ★ All wiring was new, not a
break could be seen ★ And wet sand at its base kept the tree nice
and green. ★ The tree had been trimmed by a mother insistent ★
That the ornaments used should be fire resistant. ★ The mother had
known the things to avoid, ★ Like cotton and paper and plain celluloid.
★ Rock wool, metal icicles and trinkets of glass ★ Gave life to the tree - it
really had class. ★ And would you believe it, right next to the tree ★ Was a
suitable box for holding debris ★ A place to hold wrappings of paper and string
★ From all of the gifts that Santa might bring. ★ The ugly galoot was so mad he
could bust ★ As he climbed up the chimney in utter disgust. ★ For the folks in this
home had paid
close attention ★
To all of the
rules of good
fire prevention.



Our pantry is operating as an open-air drive-thru service. Volunteers bring pre-packed bags of groceries to cars, respecting social distancing guidelines.

Our hours at our main facility (33 Main St) are:
Tuesdays 1:00 – 3:00pm (Seniors 65+)
Tuesdays 3:00 – 6:30pm
Thursdays 1:00 – 4:30pm

We also have monthly and bi-weekly mobile pantries in partnership with agencies in several towns.

New clients are welcome!

All clients should reside in our service area. Go to our website at www.opentable.org for details.

Select what items you would like ahead of time with our online ordering system. Order before your appointment time to have your groceries packed and ready for you on arrival. Order online at www.opentable.org.

We are open rain or shine to assure no one goes hungry. In case of thunder & lightning, we will temporarily suspend deliveries and ask that guests park until the threat has passed; all will be served when we are able to resume.

Pantry distribution will be available in the Maynard Municipal Parking Lot located between Summer Street and Main Street. **Please enter from Summer Street** (across from the Fine Arts Theater). **Guests will remain in their cars**; volunteers will take your order and load grocery bags into the trunk of your car.

If you typically come to Open Table by public transportation, bike, walking, etc, please come to the walk-up table in front of our building at 33 Main Street, Maynard to receive your groceries.

If you are unable to attend any of our pantry hours or are quarantined due to COVID, other options may be available. Please contact us at info@opentable.org with any questions.



The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly. The Maynard Food Pantry also provides Thanksgiving and Holiday dinner baskets for our shoppers.

HOURS OF OPERATION:

The Maynard Food Pantry is open Mondays from 10:00 a.m. to Noon.

On some holidays that fall on Mondays, we will be open the next day.

OUR LOCATION:

82 Main St, Maynard, MA 01754

CONTACT US:

(978) 764-5279 or (978) 618-4264



MT. CALVARY

COMMUNITY SUPPER

As our inside dining continues and we greet more guests each week, we are reassessing our COVID protocol so that we ensure the health and wellbeing of all our volunteers and guests. **Out of consideration of everyone at Supper, as of October 13th, we will require guests to show their COVID vaccine cards before entering the dining room. In addition, we will ask guests to wear their mask unless seated at their tables. All volunteers have been vaccinated and will wear masks and gloves throughout the Supper.**

WHERE: Mt. Calvary Community Church, 472 Massachusetts Ave, Acton, MA 10720

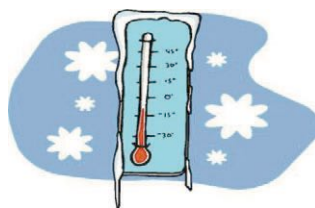
TIME: Doors will open to enter at 4:15 PM (absolutely, not prior)
Dinner will be served from 4:45 to 5:45 PM

PARKING: All guests must park in the back parking lot off Prospect Street.

As in the past, guests are invited to choose a beverage and enjoy a sit-down dinner where they will again be able to join in fellowship and conversation. We have rearranged our set-up so that all can return to eating at long tables, welcomed by our familiar crew of fantastic volunteers.

For those who may not be comfortable eating inside, we offer a “Get to Go” meal which can be picked up inside the church between 5:30 and 6:00 PM. Park your car, WEAR A MASK, and walk into the lobby. No meals will be distributed until this time. No people may enter until 5:30 PM unless coming for Sit-down Supper. Please bring a bag to carry your food home.

SMOC Fuel Assistance



NEED HELP PAYING HEATING COST???

Help is Available!!! The Fuel Assistance Program helps income eligible households pay a portion of their heating costs.

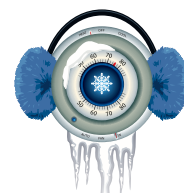
If your Gross Income falls within the limits shown below you may be eligible! You may also qualify for electricity discounts and weatherization programs!

Deadline to Apply is April 30, 2022

Household size	Maximum Gross Income
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751
5	\$91,351
6	\$103,951
7	\$106,314



For More Information Contact
South Middlesex Opportunity Council
Fuel Assistance program
7 Bishop Street
Framingham, MA 01702
508-620-1230 or 508-620-2342



Energy Resources

Citizens Energy Heat Assistance

(Joe4Oil)

(617) 338-6300

<http://citizensenergy.com/assistance-programs>

Good Neighbor Energy Fund (Salvation Army)

(800) 334-3047

<http://magoodneighbor.org/>

Low Income Home Energy Assistance Program (LIHEAP)

(800) 632-8175

<https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>

<http://www.liheap.us/massachusetts-heap/>

SMOC (South Middlesex Opportunity Council)

300 Howard Street, Framingham, MA 01702

(508) 620-1230

<http://smoc.org/>

Mass Save

(800) 632-8300

www.massave.com

Discount Rates on Utilities

National Grid Low Income Electric Services

https://www9.nationalgridus.com/non_html/On_Demand_Electric_Initial%20v052209.pdf

National Grid Low Income Gas Services

https://www.nationalgridus.com/media/pdfs/billing-payments/cm4445_ma_gas_disconrateapp.pdf

Eversource Discount Rate Application

<https://www.eversource.com/nstar/CustomerCare/Residential/DiscountRate>

Joe-4-Oil Citizens Energy Discount Program

<http://citizensenergy.com/assistance-programs>

Living & Moving with Osteoporosis (Studio and Online)

Picking up children, carrying groceries, driving, maybe a little dancing. For all the things we do each day, this class provides exercises that support and replicate daily movements for those with osteoporosis and osteopenia including movements to avoid and modify. The class is appropriate for various fitness levels and modifiable for all. Studies from the Harvard Medical School have shown that resistance, weight-bearing and impact exercises help to build bone density. For those with osteoporosis and osteopenia, it's crucial to learn the best ways to move to avoid fractures and injury. Through strength exercises, we increase muscle mass, making it easier to maintain good posture and balance and reduce the risk of falls. Classes include bone-healthy nutrition tips. Equipment provided for in-person classes.

The 8-week, 16-class program meets twice a week, Tuesdays and Thursdays, from 1:00 to 2:00 pm, or Saturdays.

Full tuition for the class is \$320 dollars. The Steinberg Wellness Center has been awarded a scholarship to go towards this program which provides partial scholarships for up to three Maynard residents. **The cost would be \$160 for those who would benefit from the programs and do not have financial means. Students who receive the scholarship would be registered for the January session and must attend the classes or forfeit the scholarship.**

For more information please contact (before December 20):
Patti Salvatore
Director, Steinberg Wellness Center for Mind and Body
310 Baker Ave, Suite 165, Concord, MA
978-287-3777
psalvatore@emersonhosp.org

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REP. KATE HOGAN'S SENIOR NEWS DECEMBER 2021

Massachusetts Legislature Passes ARPA Spending Bill

I'm proud to announce that, along with my colleagues in the Massachusetts House of Representatives, I voted to pass a significant spending bill that utilizes American Rescue Plan Act (ARPA) and Fiscal Year 2021 (FY21) surplus funds to facilitate recovery throughout the Commonwealth with one-time investments in housing, environment and climate mitigation, economic development, workforce, health and human services, and education.

The House bill includes a consolidated amendment with an estimated \$44.3 million in funds for seniors and health and human services. As my colleague and House Chair of the Elder Affairs Committee Rep. Tom Stanley says, "No group in the commonwealth has endured more loss and hardship over the past year and a half than our elder citizens and the people who cared for them."

Bolstering our local health infrastructure is essential work and the House bill allocates significant funds for financially strained hospitals and community health centers. The bill also includes over \$150 million for local and regional public health systems. It includes more than \$250 million for behavioral health and substance use disorder treatment services, as well as \$100 million for workforce initiatives with \$15 million specifically for community health centers.

The House bill also features workforce investments that recognize human service workers as the essential elements they are in senior health delivery. It allocates \$500 million for bonus payments to COVID front-line workers who kept our state going through the pandemic and other efforts to support and expand the human service workforce.

Among many other investments, the bill appropriates funds for affordable housing, with \$150 million directed toward public housing maintenance and \$150 million to create permanent supportive housing for seniors, as well as those who are chronically homeless, survivors of domestic violence, and Veterans. The bill also includes \$100 million for homeownership assistance and \$100 million for production and preservation of affordable rental housing for residents of municipalities disproportionately impacted by the COVID-19 pandemic.

As part of the spending bill, I earmarked nearly \$1.8 million for needs and priorities in Maynard and the district at-large, including:

- \$410,000 for **environmental and wastewater infrastructure improvements** in Maynard
- \$100,000 to **fight food insecurity** in the Third Middlesex District through food bank investments
- \$100,000 for the Fresh Start Furniture Bank of Hudson to **support increased need and assist Afghan refugees and families settling in the Commonwealth**

The COVID-19 pandemic exacted a harsh toll on many, and our state government, working with our partners in Congress and the Biden Administration, is working hard to mitigate that with significant, targeted investments that are directed at the communities hit hardest by this pandemic, and to the services most needed to reverse the effects of the pandemic and help our residents get back on their feet.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

If you need assistance or would like to contact me, please call me at (617) 722-2600 or email me at Kate.Hogan@mahouse.gov. Please also visit my new Facebook page: www.facebook.com/RepKateHogan

State House, Room 163, Boston, MA, 02133 / Phone 617-722-2130

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA

District Office Phone: 978-897-1333

Email: Kate.Hogan@mahouse.gov

